

## Testimonials

I am so impressed with the commitment from community leaders to this process and the ability to find other individuals who have an interest in the health of Marysville residents through nutrition and physical activity....we are all very busy people but the process has been so well-organized that we feel our time is well spent and that priorities chosen and action items are really happening, and resulting in a healthier community.

Colleen Fullmer, Program Supervisor  
WSU Extension

It became clear to me how ready Marysville was for the Healthy Communities initiative with the number of committed participants and sustained energy throughout the process. There has been minimal volunteer attrition, new partnerships, and strengthened relationships as a result of this exciting project. The momentum sends a clear message that we will get this done, and the entire community of Marysville will end up a healthy winner!

Greg Erickson, Athletic Director  
Marysville School District

I have been impressed with the broad cross-section of community members providing input into this well-organized effort to improve the health of the community in which they live and work. I think this project will have a really positive impact on changing the culture of Marysville toward the healthier lifestyles promoted by its leadership.

Kit Blue, PT  
Summit Rehabilitation



## Healthy Communities needs your talents, expertise and willingness to volunteer



The Marysville Healthy Communities Project is seeking more volunteers to become involved in the three HC Subcommittees tasked with carrying out the Project's established action plans.

Please complete this handy clipout form and mail to: **Marysville Healthy Communities Project, Marysville Parks and Recreation, 6915 Armar Road, Marysville, WA 98270.**

Please check the Subcommittee(s) and/or issue(s) that interest you:

- ☐ **Active Environments Subcommittee**
  - ☐ Bike lanes/trails and more community walkability
  - ☐ Development of walking trails
- ☐ **Healthy Foods Subcommittee**
  - ☐ Food Bank
  - ☐ "Energize Your Meetings"-style business award program/worksites wellness programs
  - ☐ Community Gardens
  - ☐ Menu labeling
- ☐ **Recreation Subcommittee**
  - ☐ Biking/Walking/Trails/Community Centers/Parks Advisory Group
  - ☐ Adopt-A-Park Program
  - ☐ Activity Courses & Covered Playgrounds
  - ☐ Intramural Sports Programs

You can also complete this form on the Healthy Communities website at [www.marysvillehealthycommunitiesproject.com](http://www.marysvillehealthycommunitiesproject.com) - Click "volunteer."

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_



## 2009 Annual Report



All Comers Track & Field Meets



Healthy Communities Challenge Day



Bike to Work via city bike lanes



Wilcox Farm Community Garden

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[www.marysvillehealthycommunitiesproject.com](http://www.marysvillehealthycommunitiesproject.com)



Our Purpose: Provide a framework in which Marysville's policymakers can build and support an environment that makes it easier for Marysville residents to choose healthy foods and be physically active

**Healthy Community =  
Healthy Lifestyle**

[www.marysvillehealthycommunitiesproject.com](http://www.marysvillehealthycommunitiesproject.com)



On behalf of the City of Marysville, I am pleased to share with you this annual progress report to give a glimpse of the many accomplishments the Marysville Healthy Communities Project has achieved in its first full year of implementing environmental changes that promote healthier lifestyles, making for a healthier community.

It is hard to believe that three years have flown by since Marysville accepted the challenge in 2006 to become Snohomish County's first Healthy Community, pledging to reverse the

In 2008, three Subcommittees - built around key objectives of Active Environments, Access to Healthy Foods, and Low-Cost Recreational Opportunities - set out to turn priorities on paper into tangible and visible environmental changes.

In 2009, the results can be seen around our community. More than 8 miles of bike lanes added. More safe routes to schools. Pursuit of the Bayview/Whiskey Ridge Trail. Wilcox Farm Community Garden. Increased consumption of fruits and vegetables through the Marysville Community Food Bank.

## What is the real measure of a healthy community?

damaging trends of obesity and chronic diseases through a community-based policy approach that focuses on promoting more free to low-cost recreational opportunities and physical activity, and healthier eating.

In that time, we mobilized many of the best, brightest and dedicated members in our community to develop and implement nutrition and activity plans consistent with the Washington State Nutrition and Physical Activity Plan.



Working together over several months with the Snohomish Health District, state Department of Health, a leadership/ planning team including City Administration, Parks and Recreation, the School District, Marysville/North County YMCA, Everett Clinic and other stakeholder groups, and a community advisory committee, we completed our Action Plan in April 2007.

For our efforts, the Snohomish County Human Services Council honored the Marysville Healthy Communities Project with their 2007 Community Collaboration Award.

Mini-grants available to schools for sustainable youth projects that embrace the tenets of the Healthy Communities Project. Free walking and swimming programs. All Corners Track Meets. The Jennings Park and Northpointe Park Loop Trails, and fitness stations along the Northpointe Trail. Yes, even a kickball league (see adjoining page for others). These are just some of the more visible changes around our community. I should add that the City of Marysville earned the WellCity Award from the Association of Washington Cities this year, a sign that our employees are walking the talk.

In June 2009, we hosted the first-ever Healthy Communities Challenge Day in conjunction with the Snohomish County Get Movin' summer fitness program. Get Movin' registered 1,001 youth, shattering the record among other county communities. More than 1,000 Walking and Activity Log Books, 360 pedometers and 750 hula hoops were handed out, as well as hundreds of strawberry starter plants and pumpkin plants. Entertainment, dance workouts and a community barbecue meal that raised money for the food bank rounded out an amazing day sharing Healthy Communities Project achievements with the community.

A healthy community? We are well on our way to making it happen, and we have much to build on.

## Leadership/Planning Team

Dennis Kendall, Mayor, City of Marysville

Jim Ballew, Parks and Recreation Director, Marysville

Carmen Rasmussen, City Councilmember

John Soriano, City Councilmember

Gloria Hirashima, Community Development Director, City of Marysville

Doug Buell, Public Information Officer, City of Marysville

Tara Mizell, Recreation Services Manager, City of Marysville

Steve Muller, Marysville Planning Commission

Wendy Bart, Marysville/North County YMCA

Dr. Nancy Thordarson, Everett Clinic

Gail Miller, Marysville School District

Greg Erickson, Marysville School District

Pete Lundberg, Marysville School District

Kristin Kinnamori, Community Transit

## Healthy Communities Challenge Day

Thousands of people on a single afternoon left their couch behind to participate in the first-ever Marysville Healthy Communities Challenge Day. The fun-filled community fitness and health celebration, in collaboration with the Snohomish County Get Movin' summer fitness program, provided a winning combination of events to motivate visitors toward their health, nutrition and fitness goals. Activities include advice from health and fitness agencies, all-ages gardening seminars, fun walks, a food bank fundraiser barbecue, Hula Hoop competitions and aerobic/dance workouts.

### Challenge Day By the Numbers

Total Attendance:	3,000+	Hula Hoops:	750
Get Movin' Registration:	1,001	Pedometers:	360
Activity Log Books:	1,000	Strawberry/pumpkin plants:	1,300



# Healthy Communities Project Action Plan & Successes at a Glance



## Priority No. 1 Increase Number of Active Community Environments

### Recommendation:

Utilize urban planning approaches that promote physical activity. Plan and fund a network of streets, pathways, parks & trails that support walking & biking within and between Marysville neighborhoods, city centers, schools, and senior centers and selected parks.

### Successes

- The Marysville Comprehensive Plan now includes a non-motorized transportation component within the Transportation Element to address current and future pedestrian and bicycle facilities.
- Since 2008, 8.2 miles of signed bike lanes have been added around Marysville, with a total of 15 miles.



- Pursuing development of Bayview/Whiskey Ridge Trail, a 1.6-mile trail in city's eastside foothills from SR 528 north to 84th Street NE. Overall trails system development in the offing.
- City welcomed nationally-renowned walking guru Dan Burden to conduct a walking audit of the City in fall 2008, with recommendations generated to make streets more walkable and bikeable.



- Street identification and striping efforts for increased pedestrian activity are being carried out.
- Safe Routes to School state funding acquired to install sidewalks near schools.



## Priority No. 2 Access to Health-Promoting Foods

### Recommendation:

Increase fruit/vegetables consumption

- Increase consumption of fruits and vegetables through Marysville Community Food Bank.
- Increase number of ESL students/families participating in Marysville School District free/reduced breakfast & lunch program.
- Establish Marysville Community Garden(s) Project.

### Recommendation:

Increase access to and promotion of healthful foods and beverages at restaurants and businesses through menu labeling.

### Successes

- Assisted in establishment of Wilcox Farm Community Garden, possible future site at the Doleshel Tree Farm near 67th Ave. and 88th St. A Feasibility study and survey were done to gauge community interest.



- "Energize Your Meetings" recognition program, modeled on state Health Department program, in works to encourage/award businesses that incorporate healthy foods & physical activity in their meetings and workday.
- Healthy recipe cards for the Marysville Community Food Bank that use the same foods and ingredients distributed at the food bank.
- Lifestyle Mini-Grant Program to give youths funding for sustainable projects that convey a policy priority of the HC Project, up to \$500, and funded by the City and YMCA. (Liberty Elementary Teacher Betsy Guerre's Kindergarten class below used funds for healthy veggie snacks in class.)



## Priority No. 3 Increase the Number of People Who Have Access to Low Cost/ Free Recreational Opportunities

### Recommendation:

Improve and maintain existing recreation sites and facilities in Marysville.

- Develop model policies and programming efforts to increase access to public facilities for physical activity.
- Increase opportunities for play by building "fitness/activity" courses and providing covered recreation facilities in selected parks.

### Recommendation:

Increase the number of free and low cost physical activity opportunities in Marysville.

- Establish intramural sports programs in schools, work sites.

### Successes



- Recreation program designed for individual and family: Community swim nights each month/Popcorn in the Parks Movie/All Corners Track Meets/Movin' Mondays and Walkin' Wednesdays at lighted high school track and stadium stairs/fitness coaching.
- Year-round classes and activities promoting fitness and healthy eating.
- Established 4-mile Jennings Park and 1.6-mile Northpointe Park loop trails.
- Installation of fitness equipment along Northpointe Park Loop Trail.
- New Fitness Centers built in two middle schools as a result of PEP Grants.
- Marysville Healthy Communities Initiative has been recognized nationally by YMCA Pioneering Healthier Communities as a community model.
- Inaugurated a kickball league.
- Focus Fitness articulated curriculum initiated in all elementary and middle schools through physical education and after school programs. Implementation of Focus Fitness in all City parks projected in 2010.